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metroVIEWS

Your essential daily news | WEDNESDAY, SEPTEMBER 30, 2015

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IN PERSON: Conservative leader comes out swinging against 'Canada's elite'

'Political correctness on steroids'

metroTALKS TO PRIME MINISTER STEPHEN HARPER

Prime Minister Stephen Harper talks to Metro in Vaughan, Ont., on Tuesday. STEVEN GOETZ/METRO

Fernando Carneiro
Metro | Toronto

Stephen Harper says the world is full of danger. In a sit-down interview with Metro, the prime minister warned of international financial crises, pandemics, terrorists and, in a measured way, explained why Canadians can't have the kinder, gentler country the other leaders are promising.

Harper looked almost casual — the top button of his blue shirt undone — as he brought the hammer down on what he called "Canada's elite."

"Look, it's not that elite opinion doesn't matter — and in all matters expert opinion always counts — but you cannot govern well and you cannot govern properly unless you understand the values and realities of ordinary Canadians," Harper said.

He strongly criticized other parties for opposing stripping Canadian citizenship from people convicted of terror crimes.

"This is kind of elite political correctness on steroids," Harper said. "We can't have two classes of citizens. We can't have a class of people who are war criminals and convicted terrorists as opposed to everybody else.

"A Canadian citizenship means something."

Fear is a guiding factor for this leader. If the commonman look Harper adopted in this interview was forced, his "us versus them" message seemed genuine.

metro Full interview on page 8

PLUS: More on the election, pages 5, 9 & 10

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metro NEWS
Your essential daily news

Nepal mulls restrictions on Everest climbing hopefuls. **World**

The other side of the Coyne

Deborah Coyne is the Green party candidate in Carleton. ILANA REIMER/FOR METRO

ELECTION 2015

Green party candidate on books, movies and hockey

Ilana Reimer
Algonquin College

For Deborah Coyne, politics and personality go hand in hand.

Her book, Unscripted: A Life Devoted to Building a Better Canada, was intended as a memoir, but you have to sift through pages of Canadian political history before you find any details on her personal life.

A reader as well as a writer, Coyne, the Green party candidate in the Carleton riding, particularly enjoys biographies and history books.

"You should come to my apartment — you'll see," Coyne said. "There's a lot (of books)."

FULL COVERAGE

With the federal election now in full swing, Metro Ottawa and Algonquin College have teamed up to provide the most comprehensive campaign coverage in the city.

We've assigned second-year journalism students to cover candidates in every riding in the Ottawa area, from Kanata to Orleans to Osgoode and everything in between.

Coyne is also an avid movie-watcher. She leans toward comedy but values good acting as well. She will watch anything with Meryl Streep. This was one of the interests she shared with Pierre Trudeau during their infamous relationship.

As the single mother of two children, Coyne's taste in movies expanded to include Disney. Her son, Matthew, was diagnosed with Asperger's syndrome at a young age.

"He's always been very visual, and so for any parent with a child like Matthew, you're looking at how to get his language skills up," she said. "I think that's why we became such movie-goers."

In Unscripted, Coyne touches briefly on Matthew's diagnosis.

"It made parenthood fascinating, challenging and sometimes a nearly all-consuming commitment," she wrote.

But to Coyne, the most important thing was raising her children, despite having to make a number of compromises.

"The kids come first," she said. "Which is possibly why I'm still not elected."

Her other interests include sailing and hockey. Coyne said that one of her greatest achievements was starting the women's hockey club at Oxford in 1982.

Coyne also enjoys travelling on a low budget because it gives her a down-to-earth view of what life, politics and conditions are like in different countries. She has backpacked alone through places like India, Pakistan and China.

"You really have to be there, in the moment, to figure out what is going on," she said. "It is an eye-opener."

Her father was an enormous influence in Coyne's life. He taught her and her four siblings about fairness, paying attention to the world around them and helping make a difference.

Coyne said that, growing up in Ottawa, life was political from the get-go. She considered going into medicine but got hooked on history, economics and public policy instead.

Her belief is that politics is about the people, and that it is they who need to be persuaded of something's merit before it goes forward.

> **"I am really, passionately interested in the future of this country."**
> Deborah Coyne

"She is driven, compassionate and unrelenting when it comes to things she cares about," said long-term friend Paul Torrie.

He met Coyne at Osgoode Hall in 1977, and they organized regular public debates together.

Coyne said she handles the cynicism in politics with a good sense of humour and determined positivity.

Pierre Trudeau also referred to her as "the wild optimist," a description that could hardly be better illustrated than by her switch to the Green party from the Liberals last February. Coyne said the move was based on her desire to pursue change, certainly not a grapple for power.

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COMPREHENSIVE PROGRAM TAUGHT BY LAWYERS

Ex-Mugshots workers threaten to sue hostel

LABOUR

Closed bar 'not compatible' with company's core mission

Joe Lofaro
Metro | Ottawa

The Ottawa Jail Hostel might have made amends with Haunted Walk fans this week but it now faces potential legal action from former workers of the suddenly shuttered Mugshots bar.

The bar, located in the jail hostel on Nicholas Street, was once a popular hangout in Ottawa's underground music and arts scene.

On July 9, HI-Ottawa Jail Hostel general manager Greg Brockmann sent an email to his staff, saying the bar "would no longer be open to the public effective July 9, 2015."

"If you have a bar shift this weekend, it is cancelled," Brockmann wrote.

Last week, Brockmann told Metro the bar was "not compatible with our core mission" of running a hostel.

"It was very sudden. There was no notice given. This (email) was an hour before some people were supposed to start their shift," former bartender Serene Bayona said in an interview Tuesday.

"It was upsetting, obviously. We all felt like we were left in the dark."

Two days later, staff were invited to a meeting where hostel management informed the group the bar would close.

The abrupt closure was a "huge financial blow" to workers like Flora Miranda, who said she went nearly two months before finding another job.

The company maintains that the workers were offered alternative work within the hostel and had until July 12 to contact management if they wanted to continue working.

However, no one accepted the offer, according to a letter from the hostel's lawyer, Caroline Richard.

$17,662

The former staff hope to settle instead and are asking for a group sum of $17,662 in compensation.

The former workers deny quitting and feel their rights were violated. They have retained lawyer Daniel Tucker-Simmons with Avant Law LLP, an Ottawa-based firm that specializes in labour law.

The law firm sent a letter to Hostelling International-Canada executive director Alistair McLean, saying the former workers are willing to settle the matter out of court.

They are seeking a group sum of $17,662 in compensation for lost wages and tips.

Richard, legal counsel for HI-Canada, responded in a letter dated Sept. 18 with a counter-offer of $1,535 to be split among all five former workers. The amounts were based on either one or two weeks' termination pay.

The group was also offered an additional sum of money, ranging from $59.02 to $109.08 per person, if they agreed to sign a release form.

On Sept. 12, workers and their supporters organized a fundraiser dance party to help cover their legal fees. Bayona said they raised approximately $4,000.

Victor Henriquez, a public-relations spokesman for McLean, declined to provide a comment to Metro "because it's in the hands of a lawyer."

> **It was very sudden. There was no notice given. This (email) was an hour before some people were supposed to start their shift.**
> Serene Bayona

Flor Miranda, left, and Serene Bayona have retained a lawyer to take on their wrongful-dismissal case regarding the Ottawa Jail Hostel. JOE LAFARO/METRO

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NDP targets public service

ELECTION 2015

New Democrats say Liberals' planned review will mean cuts

Michael Woods
Metro | Ottawa

As the NDP and Liberals continue to vie for support from Ottawa's many bureaucrats, the New Democrats warned Tuesday that a Liberal government would make cuts to the public service.

In unveiling its plan for a "strong" public service, the NDP said it's the only party that has truly stood up for the public service.

"Our public service workers have been neglected, undermined and abused by brutal cuts and restrictive legislation under both Liberal and Conservative administrations," said Ottawa Centre candidate Paul Dewar.

"Beyond changing specific policies, what is really needed is a change of attitude, and that requires a change of government."

Both the NDP and Liberals have promised to repair the relationship between the government and the public service by respecting collective bargaining rights, pledging evidence-based decision-making and other measures. Liberal Leader Justin Trudeau outlined his party's plan for the public service in an open letter last week.

But the NDP is seizing on the Liberals' planned $6.5-billion program review contained in their fiscal plan released on Saturday, alleging that it would mean cuts to public services. They are harkening back to government cuts in the 1990s in doing so.

"Saying you're going to go through program review again, and that everything's on the table, we know what that is," Dewar said. "Program review, for people here in Ottawa, with the Liberals, was how to fill out your pink slip. We reject that."

Asked about the spending review, Trudeau said possible saving measures would include cutting taxpayer-funded advertising, reducing consultants and getting rid of tax breaks that benefit wealthy Canadians.

"I don't think it's unreasonable at all for any budget, whether it be a household budget or a federal budget, to look for one per cent of savings in its operations," Trudeau told reporters in Winnipeg. "It's an entirely reasonable proposal that we will be able to shave one per cent off the massive federal budget."

The NDP outlined some steps it would take to improve the public service, including the establishment of a code of conduct for ministers and their staff, boosting protection for federal whistleblowers, and establishing a public appointments commission.

"It's become harder and harder to be a public servant these days," said Ottawa-Vanier NDP candidate Emilie Taman, a former federal prosecutor who was fired after she decided to run for office.

"The Harper government's disrespect for the work that we do has created toxic work environments."

They also pledged more permanent jobs and to curb the practice of contracting out government work. Dewar said half of public service hiring in 2013-14 was for casual work at the expense of permanent jobs.

Hull-Aylmer NDP candidate Nycole Turmel, in turquoise blazer, outlines the party's plan for the public service, accompanied by local candidates Françoise Boivin, Paul Dewar, Mathieu Ravignat and Emilie Taman. MICHAEL WOODS/METRO

IN BRIEF

Carleton told to repay TAs thousands of dollars

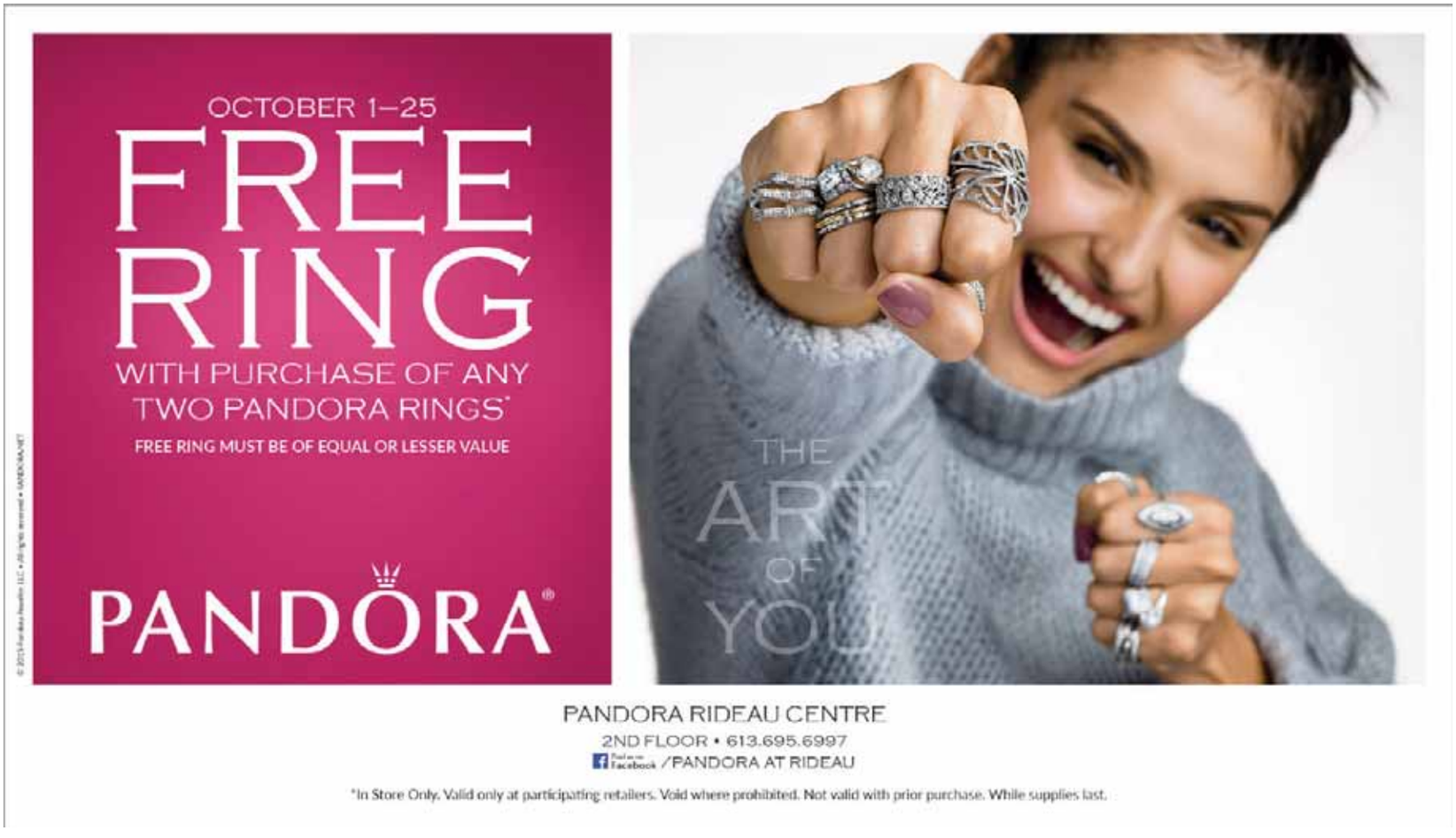
After winning a labour grievance with Carleton University last week, CUPE Local 4600 announced teaching assistants would be reimbursed thousands of dollars by the school.

Carleton changed the way tuition increases work in 2013, reinterpreting a part of the collective agreement that included a "tuition increase assistance rebate." The rebate guarantees that union employees are exempt from tuition increases.

For example, a student hired in 2014 would be reimbursed $560 to make up for a five per cent fee increase when enrolling this year.

The union first found out about the change in 2013, and launched a grievance. Last week an arbitrator sided with the union and told the university to pay back the funds by Dec. 15, 2015.

Dan Sawyer, who works for the union, estimates $400,000 is owed per semester since September 2014. HALEY RITCHIE/METRO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PROTEST CANADIAN DAIRY Dozens of dairy farmers from Ontario and Quebec gathered on Parliament Hill on Tuesday to raise concerns about protecting Canada's supply management system in the Trans Pacific Partnership negotiations. SEAN KILPATRICK/THE CANADIAN PRESS

Tainted water halts Greely development

ENVIRONMENT

City withholds permits until nitrate levels go down

Emma Jackson
Metro | Ottawa

A development in Greely has been put on hold until the owner deals with a troubling trend: rising contamination in its communal well.

The Shadow Ridge well serving about 430 people in Greely has been found to have more and more nitrates in it every year — a trend that, if allowed to continue, could put levels above acceptable safe drinking levels within a decade.

That's according to a water quality report heading to the city's environment committee next Monday.

Nitrates can get into ground water from leaking septic tanks, fertilizer run-off or the erosion of natural deposits underground. They are not allowed to exceed concentrations of 10 milligrams per litre.

But in Shadow Ridge, the wells could hit that threshold in the next eight to 10 years if something isn't done. As a result, approvals for the second phase of the development are being withheld until "an acceptable solution to the current situation" is found, the report said.

> **"The aquifer is vulnerable to being contaminated.**
> Phil Barnes

So far, no resolution has been reached.

The area around the Shadow Ridge wells is particularly vulnerable to contaminants because of the type of soil that covers it, according to a source protection study conducted in 2010.

The topsoil over the well's groundwater source is mostly made of sand — bad news if you're trying to keep out unsafe chemicals.

"We found there wasn't a lot of natural protection, so the aquifer is vulnerable to being contaminated if certain things are spilled over top of the aquifer," said Phil Barnes, water resources engineer for the Raisin River Conservation Authority, which led the study.

That could include chemicals, fertilizer, pesticides or fuel oil.

Nearby septic systems are another concern.

"If they're overloaded or not functioning properly they can be contributing to the contamination of the aquifer," Barnes said.

He couldn't confirm what's causing the increasing nitrate levels. City officials and Donwel Land Holdings were not available to comment.

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ELECTION 2015 METROTALKS STEPHEN HARPER interviewed by Jessica Smith Cross

'We have a plan for the next four years'

Prime Minister Stephen Harper sits down with Metro reporter Jessica Smith Cross on Tuesday. STEVEN GOETZ/METRO

Metro: According to under-50 lobby group Generation Squeeze, Canadians aged 25 to 34 earn, on average, $4,200 less in their full-time jobs than their counterparts did in the late 1970s — and that's in equivalent dollars. What can the federal government do to help young people be at least as financially successful as their parents' generation?

Prime Minister Stephen Harper: We're obviously living in an age of unprecedented global instability. We now have had, what's it, seven years of ongoing economic and financial crisis across the globe. In that period, Canada has had the best job creation, growth, you name it, across the G7 countries. We believe we have a plan for the next four years to keep moving us forward on that, making sure we continue to reduce taxes for people, we make investments, large-scale investments, that we can afford and do so within a balanced budget. And we believe that if we stay on that track the economic prospects in this country are better than anywhere else.

Metro: People my age (millennials) fear, when it comes to refugees, Canada has become a meaner country. Others fear that if we accept too many Syrian refugees, Islamic State of Iraq and the Levant (ISIL, or ISIS) extremists will enter with them. Is that a real threat?

Harper: Per capita, we are the largest refugee resettlement country in the world. But, at the same time, we've also made clear that we're going to make sure we select people who are genuinely refugees. Organizations like ISIS are planning attacks around the world. There's absolutely no doubt that they are planning attacks. There is absolutely no doubt that they will use migrant flows to try to move people. That said, no one should think for a second that most of the people who are coming are not people doing it for their own reasons; either they're refugees or they're seeking better economic opportunity or they're under humanitarian stress. A tiny percentage of those would likely be a potential terrorist, but they do exist.

Metro: You came to politics as a reformer. What's left for you to change?

Harper: We now want to make sure we secure our economic framework, that we retain our balanced budget, that we make the investments we need to make to really realize the potential and the opportunities of our economy.

Metro: How will Canadian cities look under another four years of your leadership?

Harper: Unlike most of the most developed economies, all of the major developed economies, our average infrastructure age in Canada has actually started to come down a little bit. Theirs is actually rising. We have an opportunity here to make these investments, and we are doing so, without borrowing money, without raising people's taxes.

Metro: If you had a time machine and had the opportunity to go back, what are three piece of advice you would give your younger self?

Harper: I guess if I could say one thing, it's that you don't know what's coming next. Particularly in this age of a global economy. Anything that happens in the world has immediate effects on us. And I'm not just talking about financial crises, refugee crises, the outbreak of a pandemic. Everything in the world can affect us at any moment. The government has to know where it's going. It has to have its fundamentals down, it has to be prepared to adapt.

When there is no reason to keep citizenship, then there's every reason why it should be taken away.

You need to have a philosophy of government, where you're leading. We've been clear where we're leading. A government that's lean, where taxes are low, where we don't create jobs directly but we work closely with economic actors to make sure we have a good environment to create jobs. If you have no philosophy, you will just be anchorless and rudderless. Nobody looks at Canada and thinks that. You can look at a lot of other countries and think that. But I don't think people think that about this country.

Metro: We've heard you make many comments that don't seem positive about elites. What do you think has changed them?

Harper: It's not that elite opinion doesn't matter. It all matters. Expert opinion always counts. But you cannot govern well, and you cannot govern properly, unless you understand the values and realities of ordinary Canadians. You have the other parties opposing, the fact that we now allow the taking way of citizenship from people convicted of terrorist offences. And I listened to the rationales for their positions. And this is elite political correctness on steroids. We can't have two classes of citizens ... We can't have a class of people who are war criminals and convicted terrorists, as opposed to everyone else.

Our Canadian citizenship means something, and if someone, as we just had recently, someone is convicted of trying to plan the most horrific terrorist plot in Canada — it's something that if carried off would have created a 9-11 in downtown Toronto — if we can't take away the citizenship of that person when we're perfectly able to do so, why, what is it our country stands for, exactly? This is a case where I think you've got elite opinion completely divorced to what ordinary people think and understand. You know, not only on security matters, but we are not a country where we want to have in our midst people who want destroy our friends and neighbours.

There's some elements of elite opinion who just kind of oppose military intervention, oppose working with our allies, as a matter of principal. How does that help Canadians? Canadians understand that if we don't put military pressure on (ISIS), they are actually going to plan attacks on us. And they will. And if we're not there, it's going to be worse, not better.

Metro: Would you take away the citizenship of terrorists who only had Canadian citizenship, if you could?

Harper: Well you can't do that because you can't render people stateless.

Metro: Would you want to?

Harper: You can't render people stateless in international law, but when there is no reason to keep citizenship, then there's every reason why it should be taken away.

HARPER TO HARPER

What would this guy... ...say to this guy?

Q. If you had a time machine, what advice would you would give your younger self?

NUMBER ONE. "You don't know what's coming next. Particularly in this age of a global economy. Anything that happens in the world has immediate effects on us."

NUMBER TWO. "You need to have a philosophy. In rapidly changing times, if you have no philosophy, you will just be anchorless and rudderless."

READY TO ENGAGE

Metro's coast-to-coast daily election series connects young, urban Canadians to the issues they care about

VOTER PROFILE

Name: Jessica Wilson-Frenken **Age:** 30 **Riding:** Ottawa Centre
Her issues: Child care, affordable housing, wage equality

Seeking an end to the 'fog of disinformation'

ROSEMARY WESTWOOD
in Ottawa

Jessica Wilson-Frenken sits surrounded by delicate bowls, linen tea towels and other hand-crafted, hand-picked items at her lifestyle store, Goods, near Ottawa's ByWard Market.

"I will cry, for sure. I will be brought to tears," the 30-year-old says of another Conservative victory. She laughs, but she's not kidding.

We're meeting on the eve of the foreign policy debate, one of the issues that is driving Wilson-Frenken's "anyone but Harper" vote, which looks to be bound for the incumbent NDP candidate in Ottawa Centre, Paul Dewar. "I'm pretty pro-NDP right now," she says.

She ranks this election as "very important. I'm getting so wrapped up in it."

This is a big-picture election for Wilson-Frenken, not about small measures that might affect her, but issues that define the country.

It's about building a Canada her children — 6 and 3 years old — can be proud of. "The Canada that I grew up being super proud of is vanishing," she says.

This past Canada Day, she stopped to wonder what exactly she was celebrating. "It was emotional."

She's not concerned with small-business tax breaks, having launched her store in March mainly out of a desire to support local artists and chat with people who pop in. She's wondered how much her sales are tied into a stable public-service workforce in Ottawa, but her vote will be based on other concerns.

Chief among them are so-called "women's issues": child care, affordable housing, wage equality, a murdered and missing indigenous women's inquiry.

On foreign policy, she wants to see a Canada that more readily welcomes refugees.

She's hoping for a strong environmental leader in the next prime minister. While she says that folder is perhaps best represented by Elizabeth May, Wilson-Frenken also supports the NDP's environmental platform.

She likes the NDP's child care proposal, despite the fact her kids will be too old for it, and likes that it was NDP MPs who originally pushed for the end of the tampon tax.

As for leader Tom Mulcair, "I trust him," she says. Something that Wilson-Frenken can't say for the Liberal's Justin Trudeau —"I feel there's always an ulterior motive with what he's doing" — or Stephen Harper.

She calls the Conservatives' campaign so far a "fog of disinformation."

"I don't know what they've actually done. I don't feel like I can get to the sources when they're saying, these are the things they've accomplished. I don't trust them at all."

The "fog" also refers to the much-publicized muzzling of government scientists, and the public service in general.

Adding to her pro-NDP vote is the fact Wilson-Frenken likes what Dewar has been doing for her community, including cleaning up Ottawa's rivers. Plus, he has the added bonus planning for a "shoo-in" candidate.

Rosemary Westwood is travelling across the country talking to young voters. On Thursday she'll be in Ottawa again.

On the lookout for affordable daycare

Electorate opens dialogue on viable child care strategies

Lucy Scholey
Metro | Ottawa

Steven Goetz
Metro | Toronto

It's the modern-day catch-22 for many working parents.

To settle for one of the limited affordable daycare spots or have one parent quit a job to take care of the kids?

Often the stay-at-home task falls on mom's shoulders. And it shouldn't, says Martha Friendly, founder and executive director of the Child Care Resource and Research Unit, which is working to secure affordable, quality daycare for all families.

"Women are well-educated and are an important part of the labour force, and child care is an important factor if we want women to participate in the workforce," said Friendly.

A national daycare strategy has been on and off the federal parties' platforms since the 1970s. Paul Martin all but secured a national child-care program in 2004, before Prime Minister Stephen Harper won the 2006 election and scrapped the plan.

This election campaign, only the New Democrats have explicitly promised an "affordable universal national child care program."

The Liberals are promising a "new National Early Learning and Child Care Framework," while the Green Party wants universal child care for at least 70 per cent of children age six or under. Instead of a child-care plan, the Conservatives would expand the Universal Child Care Benefit to $160 a month for newborns and children up to six years old, and $60 a month for the remainder of the age bracket up to 18.

For Jackie Hansen, a single working mother living near the small town of Wakefield, Que., the parties' child-care plans are too focused on middle-class, nuclear families.

> **"This isn't just a family issue. This is a gender-equality issue."**
> Jackie Hansen

"For me, it's how can daycare strategies get women into the workforce, keep women in the workforce and allow us to be successful in the workforce?" said Hansen, a women's-rights campaigner for Amnesty International.

Hansen, like many in the area, commutes to her full-time job in the City of Ottawa, which is about 35 kilometres away. She needs an affordable daycare that's open 10 hours a day, but Quebec child-care centre (CPE) spots are limited. Her toddler, Gabe, has been on the waiting list since birth. He's now 3-1/2 years old.

Even if she were to move closer to work, the search for quality, affordable daycare would still be a challenge.

Last April, there were 3,242 children on the waiting list for a child care subsidy in the City of Ottawa. Even new working parents who don't qualify for the subsidy, like public relations consultant Cynthia Waldmeier, have struggled with finding a spot.

When Waldmeier learned she was pregnant, she immediately signed up for the city's competitive centralized childcare list — even before sharing the exciting news with her parents.

Because many centres in the city start accepting children at 18 months old, finding an early daycare spot proved difficult. They settled for a centre that charged $1,900 a month, which was more than their mortgage payments, but worth it for the short term. Their boy has since moved to a new daycare that's substantially less — $1,243 a month or about $62 a day.

Her advice for the federal party leaders: Meet the daycare demand.

"The stress, when you're newly pregnant, is already there," she said. "Already feeling worried about childcare when you don't have a child that's even arriving for another six to seven months — that is just something where if it can be avoided, that would be all the better."

BY THE NUMBERS

Child care: Can we afford it?

Dead last
Canada's rank among 25 industrialized countries rated by the OECD for the quality and accessibility of their child care programs

48%
Proportion of earnings that low-income, single-parent Canadian familes spend on child care

$11 Billion
Estimated annual cost of a subsidized national daycare program that would cost **$10 a day** and be free for those earning less than **$40,000** a year

The minimum estimated return, in federal and provincial tax revenue, on every dollar spent on a Canada-wide plan:

150%

SOURCES: ORGANIZATION FOR ECONOMIC CO-OPERATION & DEVELOPMENT
TD BANK

STATSCAN

Seniors outnumber kids for first time

Canada's seniors have edged out the number of children under the age of 15, according to the latest population figures that experts say contain further evidence of a long-projected shift in the country's demographic makeup.

The latest round of data released by Statistics Canada on Tuesday show seniors made up 16.1 per cent of Canada's population as of July 1, 2015, compared to 16 per cent for children aged zero to 14.

The figures show a fundamental shift in Canada's composition and signal that the time to confront looming challenges is at hand, said Amanda Grenier, director of McMaster University's Gilbrea Centre for Studies in Aging.

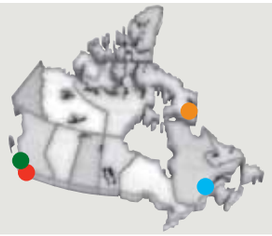
Grenier said Canadian policymakers need to emulate policymakers around the world by reconsidering "how to organize society" to cater to the needs of an aging population.

StatsCan said the figures were driven by the aging of the baby boomers. THE CANADIAN PRESS

They're still fairly young seniors.

Demographer David Foot on the baby boomers

WHERE THE LEADERS ARE WEDNESDAY



- **Stephen Harper** will be in Quebec City.
- **Justin Trudeau** will be in Surrey, B.C.
- **Tom Mulcair** will be in Iqaluit.
- **Elizabeth May** will be in Burnaby, B.C.

NDP slams Liberals on First Nations math

ELECTION 2015

Costing for education plan doesn't work, says Angus

The federal NDP is questioning the way the Liberals have costed their $2.6-billion pledge for First Nations education, saying the party has promised to top up a Conservative promise that no longer exists.

Ontario NDP candidate Charlie Angus said the Grit costing documents include a $1.7-billion shortfall.

"I'm actually very let down that Justin (Trudeau) played this game because I thought it was a strong benchmark," Angus said in a phone interview.

Trudeau defended his party's numbers Tuesday at a campaign stop in Winnipeg.

"The federal government, under Stephen Harper, announced funding for First Nations education ... that it had actually never spent," Trudeau said. "It is money that exists within the current budgetary framework but has not been spent yet on First Nations education."

Trudeau said his party intends to top up the unspent money with "hundreds of millions of dollars more every year."

But Angus said the math still doesn't add up. "The Conservatives promised that money and pulled it back, so it's not there," he said. THE CANADIAN PRESS

Liberal Leader Justin Trudeau tours electric transformer manufacturer Carte International on Tuesday in Winnipeg. NDP criticism has forced Trudeau to defend his funding strategy.

PAUL CHIASSON/THE CANADIAN PRESS

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Obama sees long fight

TERRORISM

World leaders meet at UN to discuss how to defeat ISIL

Cuban President Raul Castro talks with U.S. President Barack Obama before a bilateral meeting, Tuesday, at the United Nations headquarters in New York. ANDREW HARNIK/THE ASSOCIATED PRESS

U.S. President Barack Obama on Tuesday pledged all possible tools — military, intelligence and economic — to defeat the Islamic State of Iraq and Levant (ISIL), but acknowledged the extremist group has taken root in Syria and Iraq, is resilient and continues to expand.

Obama hosted a UN gathering of world leaders working to expand the battle against terrorism, a day after he and the leaders of Russia, China and Iran addressed the General Assembly during its 70th anniversary.

The fight against terrorism, particularly in Syria, has seized the attention of top officials, but there has been no overall agreement on how to end the conflict there.

"I have repeatedly said that our approach will take time. This is not an easy task," Obama cautioned, while adding that he was "ultimately optimistic" the brutal organization would be defeated because it has nothing to offer but suffering and death.

"This is a long-term campaign — not only against this particular network, but against its ideology," he said.

Meanwhile, making good on a pledge to change U.S. posture toward Cuba, Obama held talks with Cuban President Raul Castro, the second time the leaders of the once-estranged nations have met this year.

Obama and Castro smiled and shook hands before beginning their private talk on the sidelines of the annual gathering of world leaders at the United Nations.

The White House said the leaders discussed additional steps each government can take to deepen co-operation.

THE ASSOCIATED PRESS

GERMANY

Refugees have less space than a dog

metro The Syrian Crisis
Housing

Refugees coming to Germany can expect a roof over their head, a bed to sleep in and three meals a day. But with authorities struggling to find housing for tens of thousands of people each month, many new arrivals will find their lodgings a squeeze.

Smaller, in fact, than what's permitted for a German shepherd dog. At least three states — including Bavaria — have lowered their requirements for shelters, including for the minimum amount of space available to each refugee. Six states had no minimum requirements, while two required that refugees have at least seven square metres of space each.

By comparison, animal protection laws stipulate that medium-sized dogs get at least eight square metres of kennel space.

THE ASSOCIATED PRESS

CYBERATTACKS

Top spy pessimistic on deal with China

The top U.S. intelligence official said Tuesday that he's not optimistic that an agreement the U.S. recently struck with China will effectively deter state-sponsored cyberattacks on business emanating from the communist nation.

At a Senate hearing, Armed Services Committee Chairman John McCain asked Director of National Intelligence James Clapper if he was optimistic that the agreement would result in the elimination of such attacks from China.

Clapper replied: "No."

The agreement was not supposed to eliminate all cyberattacks, only state-sponsored ones that target businesses.

Clapper said economic sanctions might be the best way to curb cyberattacks from China.

Clapper added that when discussing penalties, policymakers also must remember that the U.S. conducts cyberspying, too.

THE ASSOCIATED PRESS

MOUNT EVEREST CLIMBERS

Nepal looks at age, experience curbs

Nepal is considering placing new age and fitness restrictions on people who want to climb Mount Everest, officials said Tuesday, as the country looks to enhance safety on the mountain after several disasters in recent years.

The government is mulling barring people under 18 and over 75, as well as those with disabilities, said Mohan Sapkota, a spokesman for the Himalayan country's ministry of tourism. The new rules could also require that climbers attempting to scale the 8,850-metre mountain have experience on medium-size peaks.

Trekkers walk towards Everest base camp in Nepal. THE ASSOCIATED PRESS FILE

"We are discussing the ways to promote safety for mountaineers. The mountain should not be the place for people to die. It should be a place for adventure," Sapkota said, adding that the government's deliberations were at a very preliminary stage.

Everest-climbing permits earn Nepal, an impoverished nation, millions of dollars a year, but the government has come under criticism after a series of disasters over the past few years. Officials have also been blamed for granting too many permits.

Nepal currently bars people under 16 from attempting to climb Everest, but has no upper age limit. The oldest person to scale the peak was an 80-year-old Japanese climber.

The youngest to reach the top of the world's highest mountain was 13-year-old American Jordan Romero, who did it in 2010.

THE ASSOCIATED PRESS

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King Tut lies at the Valley of the Kings in Luxor, Egypt. NARIMAN EL-MOFTY/THE ASSOCIATED PRESS

Tut's tomb may also contain queen

EGYPTOLOGY

High-resolution images reveal hints of hidden chambers

King Tut's tomb may contain hidden chambers, Egypt's antiquities minister said Tuesday, lending support to a new theory that a queen may be buried in the walls of the 3,300-year-old pharaonic mausoleum.

While touring the burial sites of Tutankhamun and other pharaohs in Egypt's famed Valley of the Kings, Minister Mamdouh el-Damaty said he will seek final approval for the radar inspection of the tomb.

El-Damaty was visiting Luxor with British Egyptologist Nicholas Reeves, who recently theorized that Tutankhamun, popularly known as King Tut, who died at the age of 19, may have been rushed into an outer chamber of what was originally the tomb of Queen Nefertiti.

He said high-resolution images of what is known as King Tut's tomb "revealed several very interesting features which look not at all natural, features like very, very straight lines which are 90 degrees to the ground, positioned so as to correspond with other features within the tomb."

These features are difficult to capture with the naked eye, he said.

Reeves said the plastered walls could conceal two unexplored doorways, one of which perhaps leads to Nefertiti's tomb. He also argues that the design of the tomb suggests it was built for a queen, rather than a king.

"I agree with him that there's probably something behind the walls," el-Damaty said. But he said if anyone is buried there it is likely Kia, believed by some Egyptologists to be King Tut's mother.

Nefertiti, who was famed for her beauty and was the subject of a famous 3,300-year-old bust, was the primary wife of the Pharaoh Akhenaten, who introduced an early form of monotheism. Akhenaten was succeeded by a pharaoh referred to as Smenkhare and then Tut, who is widely believed to have been Akhenaten's son.

Reeves argues that Smenkhare is actually Nefertiti.

"Nefertiti disappears ... according to the latest inscriptions just being found," said Reeves, explaining his theory inside King Tut's tomb.

"I think that Nefertiti didn't disappear, she simply changed her name."

After Nefertiti died, Tut was responsible for burying her, and then when he died someone decided to extend the tomb, Reeves suggested.

"I think since Nefertiti had been buried a decade before, they remembered that tomb was there and they thought, well, perhaps we can extend it," he said.

Any discovery would provide more information about this turbulent time in ancient Egypt. THE ASSOCIATED PRESS

> **Akhenaten's family is full of secrets and historical issues that have yet to be resolved.**
> Antiquities Minister Mamdouh el-Damaty

IN BRIEF

Convicted Al Jazeera journalists seek pardon

Three journalists convicted of aiding a terrorist organization while covering Egyptian unrest for Al Jazeera are appealing to Egypt's president to pardon them.

Last week, Egyptian President Abdel-Fattah el-Sisi pardoned other journalists still in Egypt who had been found guilty of broadcasting what authorities called false reports. THE ASSOCIATED PRESS

Elephants, crocodiles blamed for seven deaths

Beware of the wildlife.

Elephants and crocodiles have killed seven people in separate incidents over a seven-week period in and around a wildlife park in Malawi, the park's managers said. African Parks, a Johannesburg-based group, on Monday attributed the deaths in Liwonde National Park primarily to the fact that the reserve is unfenced and also to the illegal entry of poachers. THE ASSOCIATED PRESS

WOMEN ON BOARDS

CIBC to set target numbers

CIBC plans to set formal targets this year for the number of women on its board of directors and in executive officer positions, the bank's CEO said.

"In business, people respond to targets," Victor Dodig said during a roundtable hosted by the Ontario Securities Commission on the issue of gender diversity on corporate boards.

In a joint initiative with other securities regulators, the OSC released a review Monday of a new "comply and explain" policy that requires publicly traded companies to disclose certain statistics around the representation of women on their boards and in executive officer positions.

Regulators in every province and territory except for Prince Edward Island, Alberta and British Columbia implemented rule amendments at the end of last year requiring issuers to provide targets for how many women should sit on their boards or in executive officer roles.

THE CANADIAN PRESS

Google aims at Apple with two new phones

TECHNOLOGY

Upgraded Now personal assistant rivals iPhone's Siri

Google is countering the release of Apple's latest iPhones with two devices running on a new version of Android software designed to steer and document even more of its users' lives.

The Nexus 6P and Nexus 5X unveiled Tuesday are the first smartphones sold with an Android upgrade called Marshmallow. It features changes that will give expanded powers to Android's personal assistant, Google Now, so it can explore the information that people call up in the mobile applications.

The Marshmallow version of Android enables users to summon Google Now to scan whatever content might be on a mobile device's screen so it can present pertinent information about the topic of a text, a song, a video clip or an article.

The new Android feature, called Now on Tap, will scan the screen in an attempt to figure out how to be the most helpful.

Apple's new operating system also has programmed the iPhone's Siri assistant to be more intuitive so it can anticipate what the user might want or need before being explicitly asked.

"In a multiscreen world, it is even more important for Google to do the hard work, so the experience is simple and delightful for the users," Google CEO Sundar Pichai said.

Google began taking preorders for the Nexus phones in the U.S., United Kingdom, Ireland and Japan on Tuesday, with prices for the 6P starting at $499 US and $379 US for the 5X with no commitment to a wireless contract required. They are expected to start shipping by mid-October.

The Nexus phones are undercutting Apple, which sells the iPhone 6s for $649 US and the 6S Plus for $749 US without a subsidy from a wireless carrier.

The debut of the latest Nexus phones underscores the steadily intensifying rivalry between Google and Apple as they duel for consumers' loyalty in the increasingly important mobile device market.

THE ASSOCIATED PRESS

Dave Burke, vice-president of engineering at Google, speaks about the new Google Nexus 6P smartphone during an event on Tuesday in San Francisco, Calif. THE ASSOCIATED PRESS

IN BRIEF

Hudson's Bay cutting jobs
Hudson's Bay is laying off 265 people. A company spokeswoman said the cuts will affect a variety of jobs but will mainly be from its corporate offices in Toronto and New York.
THE CANADIAN PRESS

Snowden joins Twitter
Edward Snowden, the former National Security Agency worker, who leaked classified documents, opened a Twitter account Tuesday. He had more than 185,000 followers an hour after his first tweet, "Can you hear me now?" THE ASSOCIATED PRESS

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URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

Our office allows shorts on casual Fridays during the summer, but now it's back to long pants. This is unfair because women are still allowed to wear short skirts and dresses. Should I protest?

Dear Ellen,

Our office dress code allowed shorts on casual Fridays during the summer, but now it's back to long pants for everyone. This is unfair because women are still allowed to wear short skirts and dresses year-round. Should I protest?

Patrick, Edmonton

Dear Patrick,

I'm of the view that great swaths of naked flesh are not appropriate for any respectable workplace, and I could even use the etiquette argument that covering up as per the rules makes for a more comfortable and productive office where no worker need be distracted by semi-nudity at the next desk.

That being said, your question raises some interesting issues around civil rights and sexism.

Assuming your office is indoors and your duties don't require a hazmat suit or fire-retardant underwear and you haven't signed a contract agreeing to wear a company uniform or abide by any other rules re: clothing and accessories, you can pretty much wear whatever you like to work in this shining democracy we call Canada. That's barring any contravention of the Criminal Code, section 173's dictates on indecent exposure.

If you're challenged by the brass, you can always take it to court. You have a good chance of winning, as other Canadian workers have, over the years, won the right to wear pantsuits (for women) or earrings and sideburns (for men).

You'd be breaking no rules of etiquette by defying your company's dress code. It's always good manners to stand up for what you believe in.

Personally, I might choose a different battle to risk my job over, like: are the skirt-wearing non-male people in your office being promoted and paid equally, while elsewhere in our shining democracy women earn 74 cents for every dollar earned by men? Does your company support recycling? Is there one flickering fluorescent light that is giving you migraines, but no matter how many times you complain nothing happens? And you swear to God one day you are really going to lose it and take that cheap ugly broken coat stand and smash those flickering white tubes to pieces? And then mercury vapour will infect the entire office and is that what they want?!

But that's just me. If baring your lower limbs to the people you work with is a civil-rights issue you truly believe in, I wholeheartedly support your right to go ahead and protest.

As for your complaint that the rule is sexist, one might argue that, good lord, man, women are making 74 cents on your dollar and now you're whining because they get to wear dresses? But I am not that person. I think all sexist rules are all bad, no matter who seems to benefit. And the dress thing is not always a benefit. While waiting tables at one of several disgusting restaurants during university, I was once required to wear a bust-enhancing Bavarian-fraulein frock made out of some special kind of plasticized polyester that retained the body odour of every previous wearer, no matter how many scalding-hot wash cycles I put it through. And it was a pizza restaurant!

The fact is, "letting" women wear dresses and skirts, and deeming smooth, slim female limbs more acceptable than knobby, hairy male limbs, is just another example of how our patriarchal shining democracy condescendingly idealizes the female form. That reinforces the idea that women are softer and more decorative — i.e., less useful — than brawny men, which then makes it easier to relegate the semi-clothed "skirts" to the 74-cents-on-the-dollar category.

So, Patrick, rest assured that you'd be breaking no rules of etiquette by defying your company's dress code. It's always good manners to stand up for what you believe in. And, if you don't feel like going to the barricades over it, allow me to suggest one other way you can follow the long-pants-or-skirts-only rule and still feel the breeze on your knees.

You can always wear a kilt.

Need advice?
Email Ellen:
scene@metronews.ca

metroview

Vote for public services by ballot, not crowdfunding

Laura Boast
Metro | Toronto

Another heartbreaking narrative, the kind people open their wallets for: high-needs Ottawa schools with pitiful libraries have resorted to competing for funding in Indigo's Adopt a School contest.

The principals' comments on the contest website reveal hints of desperation. "Many of the books on our shelves are terribly out of date," writes Cindy Beauchamp, principal of Queen Mary Street Public School. "Our school demographic is such that we are unable to raise funds for the library on our own."

To win, a school needs to drive the most people to click to "adopt" it on the website. The three schools in each province with the most clicks win the lottery ($10,000, $7,500 or $5,000, respectively, in Indigo gift cards). That's a jackpot, especially at the Young Adult bargains table.

It's a popularity contest to win the proceeds of your cash-register donations to Indigo's Love of Reading Foundation. In other words, crowdfunding for public education. I thought that's what taxes were for.

No one would begrudge a school library new books, and clicking is more efficient than selling chocolate bars. But there's something wrong when schools or public services have to turn to crowdfunding. Not surprisingly, with government cutbacks, it's taking off.

Two years ago, with his city fresh from bankruptcy, the mayor of Central Falls, R.I., turned to the civic crowdfunding site Citizinvestor to raise money for park trash cans.

It was a success: a small number (68) of likely wealthy donors raised $10,000. But the cash won't cover the cost of workers to empty the new trash cans or replacements when the sparkly new cans themselves become trash.

In a larger campaign, a small Welsh town turned to the crowdfunding site Spacehive to get the last $40,000 needed to build a community centre. There was a sense of urgency: government grants for the project were about to run out. The U.K. comic Stephen Fry challenged his four million Twitter followers to donate. Result: the town has a new community centre.

But not everyone has a Stephen Fry. Funding for public resources shouldn't require a celebrity endorsement. It shouldn't be a contest to see who can tell the best story.

Civic crowdfunding is like the Hunger Games: it pits people with equally worthy causes against each other. Like the series' hero, Katniss Everdeen, those with extra strengths (social-media savvy, a great personality) prevail. But it's not just individuals at risk in this very public game — it's the idea of equitable, impartial, fair public funding.

That's what we pay governments for. The more crowdfunding takes over, the less government has to. Public services are always going to be a popularity contest, but I want my vote to be on the election ballot.

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Your essential daily news

Happy news: Pharrell and Penguin Young Readers to donate up to 50,000 books to children

Orange you glad it's October?

IN SEASON

Spice up your fall food repertoire with tasty and versatile pumpkin

Pumpkin is definitely the "flavour du jour" at this time of year, although much of the coffee, tea, chips, cereal, marshmallows, gum and even beer that purport to be pumpkin-flavoured haven't been within a mile of real pumpkin.

Instead, they're made using the spices that give pumpkin pie its distinctive taste — some combination of cinnamon, nutmeg, clove, ginger, allspice and mace.

But if you want the real thing — from scratch — "it requires some work," says Rodney Weisner, chef at the Designer Café in Kentville, N.S.

Weisner confesses that he usually uses canned, unspiced, 100 per cent pumpkin purée in his creations, simply for convenience.

To start with an actual pumpkin is time-consuming and a bit intimidating.

First you have to know there is a difference between carving pumpkins and those used for cooking. Pie pumpkins — also called sweet or sugar pumpkins — are generally smaller, the "meat" is denser, with a less grainy texture, and the skin is easier to peel.

Once you have the right pumpkin, you have to peel it, remove the stringy bits and seeds, then chop it, he says. If using in a stew, for example, the chopped pieces can be added raw. But for every other pumpkin dish Weisner can think of, the chopped pumpkin has to be cooked before it can be combined with other ingredients.

He generally boils it until tender, but it can also be steamed or roasted, even in the shell (after the pumpkin has been cut in half and cleaned out).

Quinoa and pumpkin is a delicious breakfast substitute for oatmeal. THE ASSOCIATED PRESS

Most recipes call for pumpkin purée, which would describe pumpkin out of a can. To make your own, purée cooked pumpkin in a blender or with a handheld blender and then let it drain in a colander or through cheesecloth for a couple of hours to remove excess moisture.

Pumpkin has a natural sweetness, he says, and perhaps that's why it seems to be more commonly found in dessert-type dishes than in savoury presentations.

Pie is the quintessential pumpkin dessert and a holiday tradition in many families. But pumpkin breads, cookies, all kinds of cakes, brownies, muffins, cheesecake, mousse and puddings are also popular.

In terms of savoury dishes, "you can basically insert pumpkin into any recipe where you would use a squash or turnip, such as an ingredient in stew, for example," says Weisner. "It's going to add a sweetness; not as sweet as parsnip, for example, but somewhat similar."

Soup is one of the most common savoury pumpkin dishes, but it can also be used to make pasta, lasagna, risotto, hummus and many other dishes.

One of Weisner's favourites is ravioli made with a pumpkin stuffing, garlic cream sauce and topped with Parmesan cheese. He also likes to add "background heat, a little chili powder or a pinch of cayenne, just to give an interesting flavour note."

THE CANADIAN PRESS

RECIPE

Kick-start the morning with a quinoa-pumpkin breakfast bowl

Quinoa is packed with protein, full of fibre and vitamins, and — bonus! — it's gluten-free. The quinoa breakfast bowl is a quick morning meal that can be easily customized according to your family's preferences. Mix cooked quinoa with milk, flavouring (vanilla, orange zest, coconut, etc.), and heat in the microwave until warm. Top with fruit, nuts and maybe some yogurt, dried fruit or a drizzle of maple syrup. Done. Warm, filling, healthy breakfast bowls that everyone will love.

With fall upon us, this quinoa-pumpkin breakfast bowl will have you feeling positively autumnal.

Start to finish: 10 minutes
Servings: 1

- 3/4 cup cooked quinoa
- 1/4 cup unsweetened vanilla almond milk (or other milk)
- 2 Tbsp pumpkin purée
- Dash of pumpkin spice (or cinnamon and nutmeg)
- 2 tsp maple syrup
- 1/2 banana, sliced
- 2 Tbsp low-fat plain Greek yogurt
- 1 Tbsp chopped almonds (or other nut)

In a microwave-safe bowl, mix together quinoa, almond milk, pumpkin purée, pumpkin spice and maple syrup. Heat in the microwave until very warm, 1 to 2 minutes. Stir, then top with banana, yogurt and nuts.

THE CANADIAN PRESS

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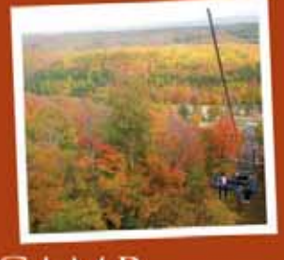

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LIQUID ASSETS

Take a sip of this magnificent Moscato

While it may seem that sweeter red blends get all the attention, the white Moscato grape has carved out a nice little niche for itself among wine lovers both with and without a sweet tooth.

Moscato is the Italian name for the Muscat grape. Grown for centuries in Italy's northwestern region of Piedmont, where the slightly fizzy Moscato d'Asti is a classic, it's one of the world's oldest vines.

Soft, juicy and with a generally low alcohol level, a Moscato is the quintessential cocktail wine and an easy-drinking companion to a multitude of food, including hard-to-match cuisine like salads, fruit and anything spicy.

Though Italy may lay claim to its origins, today Moscato is grown just about everywhere, including Canada. The typically Mediterranean climate in South Africa embraces the grape, with the lightly tropical Two Oceans 2014 Moscato ($9.95-$12.99) offering a balanced mouthful of thirst-quenching peach and pear.

PETER ROCKWELL/METRO

The perfect plant protein?

SUPERFOODS

Sacha Inchi is high in protein and omega-3 fatty acids

Theresa Albert
For Metro Canada

Sacha Inchi may be the best plant-based protein you have never heard of.

Inca nuts, as they are sometimes known, are the lightly roasted kernel of a seven-foot tropical vine that can produce fruit a few times per year.

The seed of this fruit is harvested from its husk and inedible goopy layer and then roasted into a nutty, crunchy snack much like peanuts or soy nuts.

The most common way to consume it, though, is within a protein powder that you may mix into a sport beverage.

These pricey must-have snacks are still hard to find outside health food stores and online health purveyors.

The nut has been consumed by the Peruvians for millenia as it grows wild in the tropics. The plant fruits a nut that is rich and balanced in all amino acids and has the impressive omega-3 fatty acid profile of fish. It's also full of critical nutrients like vitamins A and E.

The search for a great protein source that's also low in bad fats has led to the soy craze — now winding down thanks to GMO politics.

Fish are another great source of protein that's high in good omega-3 fatty acids, but it comes with its own set of issues like overfishing and ocean pollution.

So is the answer Sacha Inchi?

Not quite — the way the nuts are grown might prevent them from becoming the next "superfood."

Like many ancient tropical foods, they tend to prefer their wild ways and resist cultivation ... so far.

But now you will know what that cool/quirky ingredient is when it shows up as the hot item in your meal replacement or granola bar: The nutty vegan food with an even nuttier name.

Theresa is an on-camera food and health expert, nutritionist and writer who loves to spread the word on food

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Fresh off the press

COOKING

Toronto chain releases a book of vegetarian delights

It's always a thrill when popular Toronto vegetarian chain Fresh reveals its recipes. Super Fresh is the restaurant's fifth book.

The book

Super Fresh: Super Natural, Super Vibrant Vegan Recipes ($29.99), the fifth instalment in Fresh's cookbook series, offers fans more than 200 "craveable" recipes for meals, juices, nut milks, shots and green smoothies.

Kyla Zanardi's photos make it clear that this is colourful, dynamic, vibrant food that just happens to be vegan. On the food front, the chapters include breakfast/brunch, tasters, salads/dressings, soups, sandwiches/wraps/tacos, burgers, bowls, sauces and spreads/mixes/marinades and more.

The Authors

Founder Ruth Tal and chef Jennifer Houston are partners in Fresh Restaurants, which has branches on Bloor Street West, Queen Street West, Spadina Avenue and Eglinton Avenue East. They've authored four previous Fresh cookbooks — Juice for Life (2000), Fresh at Home (2003), Refresh (2007) and Fresh (2013).

Recipes we're dying to make

Hot banana oat milk, swoosh (power shake), cauliflower benedict, banana nut pancakes, crispy cauliflower bites with Sriracha salt and miso mayo, supergrain soup, oyster mushroom po'boy, Jerusalem bowl and miso gravy.

TORSTAR NEWS SERVICE

PHOTOS: TORSTAR NEWS SERVICE

RECIPE: TOFU CUBES

Eat the marinated cubes raw if you like, but they're even better if they're coated and cooked. Eat them on their own and in rice or noodle bowls, salads and wraps.

Tofu, crispy or marinated

Serves 4

Ingredients

For marinated tofu:
- 1/2 cup apple cider vinegar
- 3/4 cup tamari
- 1/4 cup water
- 1 block extra-firm tofu, cut into 3/4-inch cubes

For crispy coating:
- 1 cup large flake nutritional food yeast
- 1/2 cup corn starch or wheat germ
- 1 tbsp garlic powder
- 1/4 tsp each: fine sea salt + freshly ground black pepper

For frying:
- Oil (sunflower, canola or coconut)

Directions

1. For marinated tofu, in bowl, stir together vinegar, tamari and water. Add tofu. Turn to coat.

2. Let stand at least 15 minutes or cover and refrigerate up to 2 days. (You can eat these raw or cover with crispy tofu coating and pan-fry.)

3. For crispy tofu coating, in medium bowl, whisk nutritional yeast, corn starch or wheat germ, garlic powder, salt and pepper. Use immediately or store in airtight container at room temperature in cool, dry place. Makes 1-1/2 cups.

4. To cook, remove tofu cubes from marinade, discarding liquid or reserving for a second marinade.
Place about 3/4 cup crispy tofu coating, or more as needed, in shallow bowl. Add tofu pieces and toss until completely coated.

5. In large frying pan, heat 1/2-inch oil over medium heat. Cook tofu until evenly browned, about 1 to 2 minutes per side. Alternately you can do this in batches in a small saucepan with several inches oil so the tofu is submerged.

TORSTAR NEWS SERVICE

WINE

Bottled-up romance

In the latest wine and book pairing, publisher Harlequin, best known for their bodice rippers and romance novels, has teamed up with a California winemaker to launch a trio of bottles for an evening of lusty reading.

The collection, Vintages by Harlequin, features the kind of names you'd find on Harlequin covers: Wild at Heart, Substitute for Love and Pardon My Body.

Labels harken vintage love in the 1950s and '60s, when buxom, demure heroines with bouncy hair, pencil-thin eyebrows and scarlet lips were swept off their feet by dark, rugged, chesty leading men.

"Beneath that luscious, full-bodied exterior was a mystery of many layers," reads the back label for Wild at Heart.

"She was warm and soft, bold and exotic and my passion grew with each encounter."

The trio includes a Chardonnay, Cabernet Sauvignon, and a red blend. Wines are produced by California winery Vintage Wine Estates in Santa Rosa.

Harlequin's foray into wine follows on the heels of E.L. James who made the natural transition from steamy mommy porn to wine in 2013 with the launch of Grey Red Satin, a red blend of Petite Syrah and Syrah, and White Silk, a blend of Gewurztraminer and Sauvignon Blanc.

Vintages by Harlequin are sold exclusively on Amazon.com and available only to U.S. customers and retail for $14.95 US. AFP

LIQUID ASSETS

Take a sip of Moscato

Peter Rockwell
For Metro Canada

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Overland shown: $58,690.[3]

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metro DRIVE

Your essential daily news

Jaguar teams up with British cobbler Oliver Sweeney on two new styles of formal driving shoe

Stick shift a perk in Mazda6

ROAD TESTED

REVIEW

Transmission option, steering impress in 2016 'refresh' model

Jil McIntosh
For Metro Canada

There's no question that, overall, most buyers prefer automatic transmissions, and so that's what most cars have. So it was a pleasure to pick up the 2016 Mazda6 and discover that, in addition to a six-speed automatic, it's also possible to order a six-speed stick shift. And even more unusually, it comes not just in the base model, but can be optioned in all three trim lines.

The 2016 model is a "refresh" rather than a new model, with better seats, quieter cabin, and new interior and exterior styling. It's a very handsome car with its swept-back styling and, on my top-line GT trim, LED headlights and running lights, along with a light bar that follows the edges of the grille.

Although its name has a six, that's not what's under the hood. Instead, all models get a 2.5-litre four-cylinder that makes 184 horsepower. That might not sound like a lot on paper, but it's a gutsy performer when you're behind the wheel. The shifter only needs a light touch to click precisely into each gear, and the clutch takes up smoothly. The steering is equally accurate and quick to respond, but despite its nimble nature, this Mazda actually feels bigger than it is.

The interior is quite handsome, especially with my tester's black-and-white leather upholstery. The infotainment screen is a tablet atop the dash, which you're going to be seeing in many more vehicles because it keeps your eyes up while you're looking at it, and frees up space in the centre stack.

But the climate control buttons and display are small and require too much attention. The GT trim also includes a driving display that shows your speed and other info right in front of you. Pricier cars project it onto the windshield, but the Mazda6 uses a pop-up plastic screen that, while useful, looks tacked-on and cheap.

Those quibbles aside, Mazda has turned out a very impressive ride here, both in its looks and how it performs. And if you like a stick shift, it just gets better.

> **"it's a gutsy performer when you're behind the wheel.**

THE CHECKLIST | 2016 MAZDA6

THE BASICS

Type. Four-door, five-passenger midsize sedan
Engine (hp/torque). 2.5-litre I4 (184/185)
Transmissions. Six-speed manual or six-speed automatic
Price. Base $24,695, as-tested $32,895

COOL FEATURES

- Front and rear heated seats
- Electronic parking brake
- Heads-up display
- Regenerative electric system
- Adaptive cruise control
- Forward collision alert with braking
- Automatic high-beam headlights

JIL MCINTOSH/FOR METRO

POINTS

- The Mazda6 was the 2014 Canadian Car of the Year, voted by the Automobile Journalists Association of Canada (AJAC).
- The voice command on the available navigation lets you say the entire address at once, instead of line by line.
- The automatic is extra-charge in the base GX, but either transmission comes at the same price in the GS and GT.

MARKET POSITION

Mazda's "SkyActiv" is a variety of fuel-saving technologies, including lightweight materials and drivetrain optimization. The company says gasoline isn't going away any time soon, and it prefers to use this instead of electric or hybrid vehicles.

THE COMPETITION

Hyundai Sonata
Base price: $23,999

Ford Fusion
Base price: $22,899

Toyota Camry
Base price: $24,100

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3 AUTOMOTIVE UPSTARTS STARTED UP AT FRANKFURT

As well as established brands showcasing their latest wares, this year's motor show proved to be the ideal platform for the launch of new and reborn marques with huge ambitions, especially in the premium and electric vehicle markets. AFP

DREAM TEAM

What sets Thunder Power apart from other small firms with big ambitions are two things. The first is that it is already an established tool-making company looking to move into another area — which is how much of the Japanese auto industry was born. And the second is the executive team behind the car is Peter Tutzer and Franz Schulte, formerly of Bugatti and Ford, respectively.

1 Thunder Power

Even before the technical specifications were revealed, there was a lot of interest in the Thunder Power concept, simply because of its name. A company that is aiming to break into the nascent premium electric car market currently dominated by Tesla, it hopes to hit the ground running, silently and for 600 km between charges, by 2017.

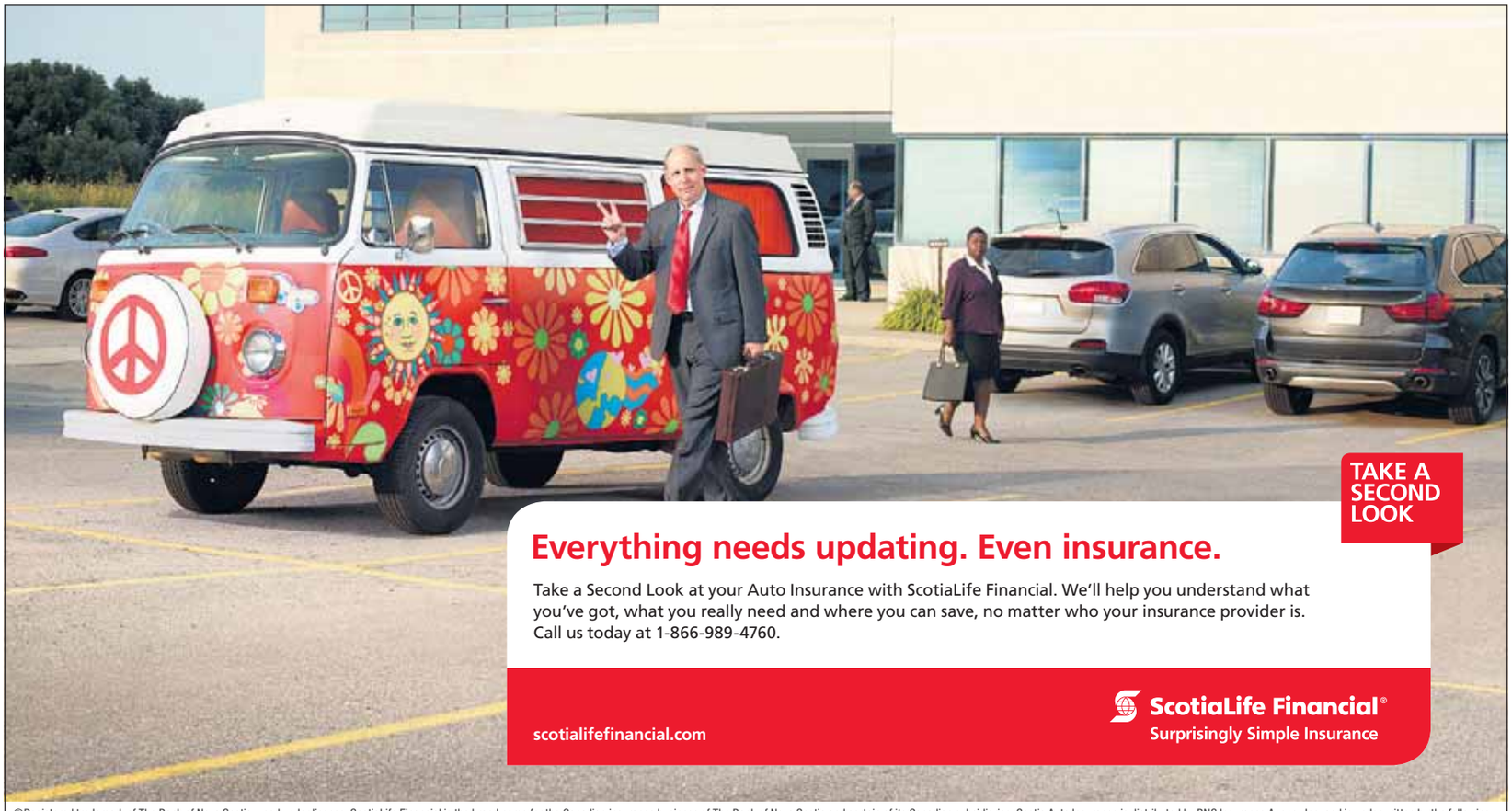
As well as range, it also hopes to compete in terms of power and appearance. It has a claimed 430 bhp, an electronically limited top speed of 250 km/h and can go from standstill to 100 km/h in less than five seconds. Styling is described as European, and a close look reveals hints toward Jaguar and Maserati in there, though there's also an element similar to Mitsuoka. Inside lines are very clean and very European in terms of fit, finish and material, and there's a great wraparound TFT screen that runs the length of the dashboard in place of normal dials.

2 Artega

Like the Thunder Power, the new Artega Scalo is a pure electric car, but its makers aren't new to the market. Artega was a German sportscar company that went under in 2012 but it is now back, and it announced its electrically powered relaunch at this year's show. The Scalo looks like a traditional mid-engined supersports car — low-slung with wide hips and big air intakes. And while it can hit 100 km/h in just 3.6 seconds, it does so with electric motors. It has a claimed range of 400 km between charges and, if connected to a 64-kW DC charger, will be ready to go again in just one hour.

3 Borgward

It might sound like a school for wizards but it was once a premium German automotive brand — think BMW today — until 1961 when the company went under. Like Artega the company chose Frankfurt for its relaunch, and its first car, the BX7, is a very clean-looking sculpted crossover with a premium interior. Initially power will come from a turbocharged petrol engine but the company is aiming to move to a hybrid setup and then eventually to full electric power. It also has very serious ambitions for the car, forecasting medium-term sales in the region of 500,000 units a year.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metro SPORTS

Your essential daily new

Bulls guard Derrick Rose will have surgery after suffering a left orbital fracture on the first day of practice

Fraser brings local flavour to blue line

SENATORS

D-man signs 2-way contract after being cut by Maple Leafs

Mark Fraser already spends his summers in Ottawa, and now the NHL defenceman is looking forward to spending his winters there, too.

The Senators signed Fraser to a one-year, two-way contract Monday, a day before the Ottawa native turned 29.

Ottawa signed the local rearguard shortly after he was cut by the rival Toronto Maple Leafs.

"This organization has shown they love bringing in local guys and are loyal to them and I would love to be one of those guys as well," said Fraser. "I'm hopeful that things can really work out here and I can be a big part of this community as well."

Fraser has four goals and 18 assists in 219 career NHL games with Toronto, Edmonton and New Jersey. Fraser had been attending the Maple Leafs camp on a professional tryout before being released on the weekend.

While Fraser could end up playing in one of the Senators' final two pre-season games, he is likely to end up starting the season with the AHL's Binghamton Senators.

Fraser is realistic when it comes to his chances of playing in the NHL, but he's more than happy to just be part of the Senators organization. Fraser spends his summers in Ottawa and trains with a number of the Senators during the off-season.

"If I can stick around, or whatever happens, get back up, I would be more than happy to greet that challenge," Fraser said. "I would embrace it actually with where I am in my career and with my family support and everything."

The move was an easy one for the Senators with little risk as Fraser will make US$800,000 if he's in the NHL and $125,000 in the AHL. THE CANADIAN PRESS

Mark Fraser, right, spends his summers in Ottawa and trains with a number of Senators players during the off-season. DARREN CALABRESE/THE CANADIAN PRESS

> **He is a competitive, professional guy who provides the organization greater depth and flexibility on defence.**
> General manager Bryan Murray

NHL

League pitched on expansion in Quebec

After months of preparation, the heads of media giant Quebecor Inc. said Tuesday they have done everything in their power to bring back a National Hockey League team to Quebec City.

After making their pitch to the NHL's executive committee, former prime minister Brian Mulroney said the presentation is now in the hands of the league.

"The governors will make their own decision," Mulroney, who is chairman of the board of Quebecor, said in a brief news conference in New York.

"It's their process and we're just following the process and we'll be advised at the appropriate time."

Tuesday's presentation was the third step of the expansion process for Quebecor, the company behind the plan to bring a team back to Quebec City.

The NHL executive committee — made up of owners of 10 NHL teams — also heard a pitch Tuesday by a group led by billionaire businessman Bill Foley, who wants to bring a team to Las Vegas.

18,000

The number of fans that took in an exhibition game Monday between the Canadiens and Penguins at the Videotron Centre in Quebec City.

The executive committee reported to the league's board of governors later Tuesday. Commissioner Gary Bettman said each group presented to the committee "in excess of an hour," but reiterated that the league is still not ready to make any decisions on expansion.

"This is an ongoing process that doesn't have a specific timetable, and doesn't have a predetermined outcome," he told reporters Tuesday. THE CANADIAN PRESS

IN BRIEF

Brady calls an audible on endorsing Trump

New England Patriots quarterback Tom Brady says his comments that he hopes Donald Trump will win the presidency were taken out of context and an example of why he tries to say as little as possible when speaking publicly.

Brady said during an interview with WEEI-FM radio in Boston that his vote is going to be his own personal choice based on how he feels.

"I don't even know what the issues are. I haven't paid attention to politics in a long time," Brady said. "It's actually not something that I really even enjoy. It's way off my radar." THE ASSOCIATED PRESS

Bombers QB calls it quits

Winnipeg Blue Bombers quarterback Robert Marve has retired.

Marve cited health concerns as the reason for his decision. He suffered a season-ending knee injury while filling in for banged-up starter Drew Willy.

"I would like to thank the great fans of the Winnipeg Blue Bombers, and this organization, who have supported me through this process," Marve said in a statement. "I'll deeply miss the on-field competitiveness, but this is the right decision for me and my long term health."

Marve, 26, started two games this season. THE CANADIAN PRESS

SOCIAL MEDIA

Cherry defends baseball chokehold

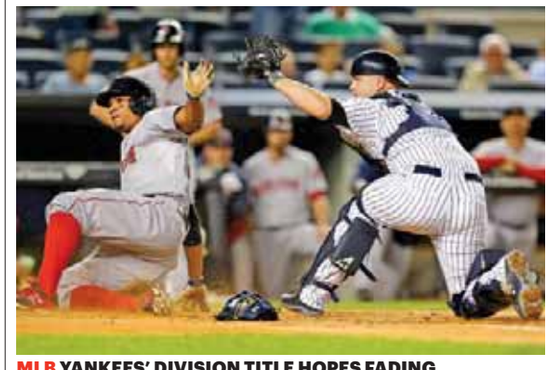
Popular hockey personality Don Cherry defended troubled Washington Nationals closer Jonathan Papelbon for choking teammate Bryce Harper in a multi-tweet rant on Tuesday.

Cherry, co-host of the popular Coach's Corner segment on Hockey Night in Canada, said Papelbon shouldn't have confronted Harper publicly, but had no problem with the choke.

"Alright, Papelbon shouldn't have done what he did to Harper on the bench. He should have waited for him in the tunnel and choked him there," Cherry tweeted.

The Nationals suspended Papelbon for four games without pay for his dugout altercation with Harper during Washington's 12-5 home loss to Philadelphia on Sunday.

Harper flied out in the eighth inning against Philadelphia and, after getting out of the batters box slowly on the play, headed to the dugout, where he and Papelbon exchanged words. The argument escalated, and Papelbon reached out with his left hand and grabbed Harper by the throat. THE CANADIAN PRESS



MLB YANKEES' DIVISION TITLE HOPES FADING

Xander Bogaerts of the Red Sox slides home safely past Yankees catcher Brian McCann in New York on Tuesday night. The Yankees entered the game five games behind the Blue Jays, who had their game against the Orioles postponed by rain, in the AL East. For more baseball coverage, go to metronews.ca. ELSA/GETTY IMAGES

Canada players react after their 23-18 loss to Italy during their 2015 Rugby World Cup Pool D match on Saturday. GETTY IMAGES

RUGBY WORLD CUP

Canada regroups after 'gutting' loss

Still rueing missed chances against Italy, Canada has little time to regroup ahead of what could be a long night Thursday against seventh-ranked France at the Rugby World Cup.

The 18th-ranked Canadians led No. 14 Italy 10-0 in the first half Saturday and 15-13 in the second and controlled play for stretches. But mistakes caught up with them and the Italians survived the Canadian onslaught to win 23-18.

"To be honest it was pretty gutting afterwards. They were pretty down for a fair while — which is natural," Canadian coach Kieran Crowley said of his players.

"It's not so much disappointment now but just the realization that it was there for us if we had performed a little bit better in a couple of areas," he added.

"I think we're starting to get over the hump and hopefully come game time against France, we'll be excited about getting back out there and trying to do it again."

As a Tier II nation, Canada rarely gets a chance to play elite teams other than at the World Cup. So a Tier I scalp would have been a handsome prize.

Instead the weekend game in Leeds gets filed under the "What might have been" category.

21

Canada's lone win against France, an 18-16 decision, came 21 years ago in Ottawa.

Things only get more difficult in Milton Keynes against France, which is 7-1 all-time against Canada and has won the last six meetings between the two, outscoring Canada 239-70 along the way.

France (2-0-0, nine points) currently stands second in Pool D behind fourth-ranked Ireland (2-0-0, 10 points). Canada (0-2-0, one point) is fourth in the five-team group.

"This is basically I think a dress rehearsal for them for Ireland," Crowley said of the French. THE CANADIAN PRESS

Different league, same Chelsea grief

CHAMPIONS LEAGUE

Win puts Porto level with Group B leader Dynamo Kyiv

Maicon scored the winner as FC Porto beat Chelsea 2-1 in the Champions League on Tuesday and heaped more misery on Jose Mourinho's team.

Yacine Brahimi helped put Porto ahead in the 39th minute when he beat Branislav Ivanovic on the left, and goalkeeper Asmir Begovic could only push away his shot as far as Andre Andre, who volleyed into the net.

Willian equalized with a curling free-kick in first-half added time before Maicon put Porto back in front with a glancing header at the front post in the 52nd.

It was a dismal return to his former club for Mourinho, whose career took off when he coached Porto to the Champions League title in 2004.

Porto is "probably the most difficult opponent we have in the group phase," Mourinho said. "They are a real opponent for the first position in the group."

The result put Porto level with Group G leader Dynamo Kyiv on four points after the Ukrainian side beat Maccabi Tel-Aviv 2-0 on Tuesday. Chelsea has three points and Maccabi Tel Aviv none.

Chelsea lies 14th in the Premier League after an unhappy start to the season, and its loss at the Stadium of the Dragon compounded its problems.

Chelsea's Eden Hazard shoots on FC Porto goalkeeper Iker Casillas in Tuesday's Champions League group stage clash in Portugal. STEVEN GOVERNO/THE ASSOCIATED PRESS

Chelsea made the better start, though. Twice in the first 15 minutes, goalkeeper Iker Casillas — making a record 152nd appearance in the competition after a long career at Real Madrid — denied Chelsea. He flung himself to his right to block a Cesc Fabregas effort just inside the Porto area in the 6th and stuck out his foot to deny Pedro Rodriguez, who broke down the middle.

Porto kept getting within shooting range, but its attacks never amounted to anything as Chelsea's defensive lines closed up.

Diego Costa, suspended in the Premier League but available for European competition, kept Porto's central defenders busy but Chelsea failed to exploit his efforts. After Porto went 2-1 up, Costa hit the woodwork with a dipping shot from the left of the area that flew beyond Casillas's reach. THE ASSOCIATED PRESS

AROUND EUROPE

GROUP E
Barcelona 2, Leverkusen 1
BATE Borisov 3, Roma 2
GROUP F
Bayern 5, Dinamo Zagreb 0
Olympiacos 3, Arsenal 2
GROUP G
Dynamo Kyiv 2, Maccabi 0
Porto 2, Chelsea 1
GROUP H
Valencia 1, Lyon 0
Zenit 2, Gent 1

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RECIPE Halibut Tacos with Strawberry Salsa

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

We know, fish and fruit seems a little odd. But trust us, you'll love this combination.

Ready in
Prep time: 15 minutes
Serves 4

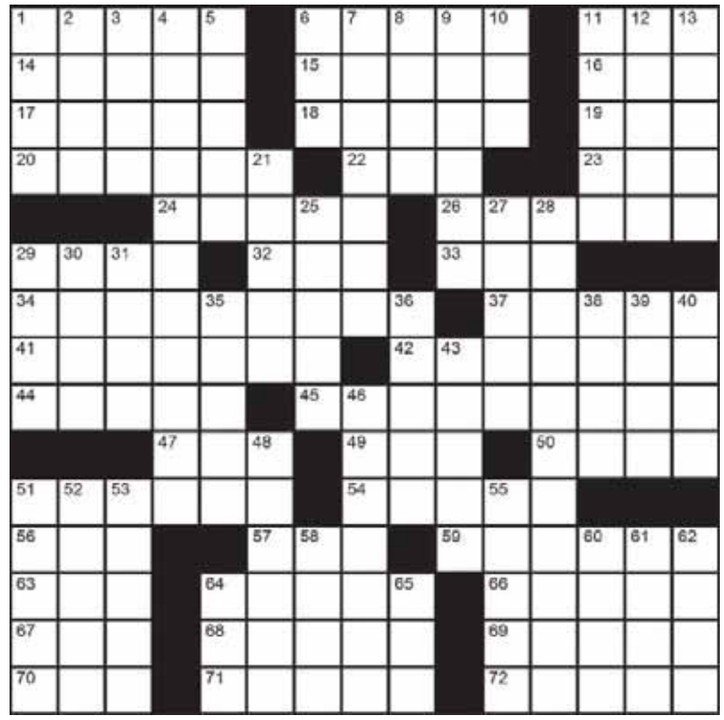
Ingredients
- 1 pound halibut fillets
- Olive oil
- 1/4 tsp ground coriander
- 1/2 tsp ground cumin
- 1 tsp ground garlic
- 1/4 tsp pepper
- 1/2 tsp salt, divided
- 6 to 8 small corn tortillas
- 1 cup hulled and diced strawberries
- 1 cup watermelon cubes, diced
- 1/4 cup diced red onion
- 1 Tbsp lemon juice
- 1 Tbsp fresh chopped cilantro
- 1 avocado, sliced for garnish

Directions
1. Preheat the oven to 450 degrees. Prepare a rimmed baking sheet. Place fish on the pan and give each piece a coating of oil.
2. In a small bowl, whisk the coriander, cumin, garlic, pepper and a 1/4 teaspoon of the salt. Sprinkle the fillet with the mixture to coat.
3. Cook the fish until the colour is opaque and the meat flakes with a fork, about 10 to 15 minutes. Wrap a stack of tortillas in a moist tea towel and place in a casserole dish and cover with a lid or aluminium foil. Place in the oven for 10 minutes to warm.
4. In a medium sized bowl, mix strawberries, watermelon, onion and lemon juice. Sprinkle with the cilantro and remaining 1/4 tsp of salt and toss.
5. Serve fish flaked into large pieces with tortillas, salsa and slices of avocado.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. "Sunny Came Home": 1997 hit for _ Colvin
6. Adjust
11. Slugger's prop
14. Electronics brand of Japan
15. Other: French
16. Gladiator's 3
17. Gas and elec., e.g.
18. Li'l agenda
19. Task
20. Comedy muse of ancient Greece
22. Paranormal power, puny-ly
23. Not new, quaint-style
24. Maiden name of Morticia Addams
26. Clear, in the Court
29. Up for it
32. Dunk a bit
33. Not me
34. Goes to the fitness club
37. "For Whom the Bell Tolls" (1943) character
41. Fly south as a bird in Fall
42. "Let's Shake" by Hamilton band _ Head
44. Gin flavourings
45. Airline ticket booking specification
47. 19 TV _. (Production co. for "American Idol")
49. Mr. Byrnes of "77 Sunset Strip"
50. Vegetables of Japan
51. Plum _, Manitoba
54. Seize power
56. Be decisive
57. Race the engine
59. Shoplift
63. Currency in Romania
64. Mother: Spanish
66. Like a "Happy Days" geek
67. Flub
68. Army assistants
69. Audience members face one
70. _ Francisco
71. Near
72. "Melrose Place" actor Rob

DOWN
1. Deer's tail type
2. Hell _ no fury...
3. Largest continent
4. Alex Trebek portrayer in 'Celebrity Jeopardy!' sketches on "Saturday Night Live": 2 wds.
5. Negative response to the Drill Sergeant: 2 wds.
6. Small batteries
7. Gilles _, Bloc Quebecois leader
8. Football players, e.g.
9. Give money in advance
10. Mr. Knight
11. Jewel
12. Garlic sauce
13. Himalayas land
21. Accountant's review
25. Tightwad
27. Made do
28. The Dionnes famously
29. Jewels
30. Botanical leaf-to-stem angle
31. 1955 hit for Joan Weber: "Let _ _ Lover"
35. Hereditary social class
36. Diamond _ (Some earrings)
38. Grease
39. Currency exchange fee
40. Donald Trump and Jeb!, for short
43. Result in, eventually: 2 wds.
46. Bodies of work
48. Run off the track
51. Nat and Natalie
52. Maureen Forrester's music
53. About-face on the road
55. Gargle
58. Taro root
60. University house, e.g.
61. Border
62. Whiskey grains
64. Big _ (McDonald's order)
65. 'Legal' suffix

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Don't let your rivals see that you are worried. Today's Sun-Mercury link may give them the upper hand but you are under no obligation to make things easy for them. Act confident.

Taurus April 21 - May 21
You are tempted to retreat from the world but that would be a mistake. Ignoring your problems now is sure to make them worse in the long-term, so get out there and fight.

Gemini May 22 - June 21
If you have complicated plans on the go then it might be wise to postpone them for a day or two. Mercury's link to the Sun today suggests either that something is missing or that you have not thought things through.

Cancer June 22 - July 23
Your feelings for a certain person are likely to come to the fore and that could cause problems. Why? Both of you are already committed elsewhere and that spells trouble!

Leo July 24 - Aug. 23
Be wary of anyone who goes out of their way to do you a good turn today. That might sound cynical but the planets warn it is possible that someone you upset a long time ago is looking to get even.

Virgo Aug. 24 - Sept. 23
You are in an adventurous mood. You certainly have no intention of sitting around in the same old places, doing the same old things. But don't pressure others to move with you.

Libra Sept. 24 - Oct. 23
You can, if you wish, force your views and opinions on other people but it won't do you much good. No matter how persuasive and powerful you are today others will switch back to their old ways and beliefs tomorrow.

Scorpio Oct. 24 - Nov. 22
You may be a bit depressed, but console yourself with the thought that there are billions of people who would happily change places with you. Stop feeling sorry for yourself.

Sagittarius Nov. 23 - Dec. 21
If you take a certain course of action you are likely to regret it in the long-term, so why are you still pushing ahead? No doubt it has something to do with your stubborn nature.

Capricorn Dec. 22 - Jan. 20
Don't try to pretend that things are better than they are. The only way to succeed is to be brutally realistic, both with yourself and others.

Aquarius Jan. 21 - Feb. 19
It does not matter if you are in the right, the fact is you don't have your hands on the levers of power and that means you need to be careful. Don't pick fights with people you know you can't beat.

Pisces Feb. 20 - March 20
A colleague you think you can trust is not being entirely honest with you. Take heed if a friend warns you against this person — it may look like jealousy but the fact is they don't want to see you get hurt.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

8			1		2	6		
		6			9	8	7	
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3		5				2		8
9			4					
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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers.

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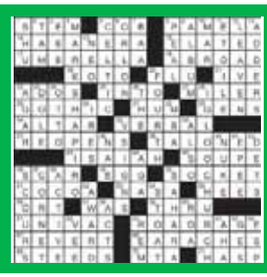

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9	1	2	5	4	3	7	6	8
8	6	4	1	7	2	9	5	3
2	7	8	6	1	4	3	9	5
6	4	5	7	3	9	1	8	2
3	9	1	2	8	5	6	4	7

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